

Woodstock Recreation Presents...



Instructor: Dawn Fennessy

Winter 2022 Session

Monday Evenings

6:30 to 7:30 p.m.

**Classes at Woodstock Town Hall, lower-level room 1
January 24, 31, February 7, 14, 28, and March 7**

(6 Weeks total)

Cost: \$48 (6 classes), \$35 (4 classes), or \$10 drop-in

This class is suitable for beginners and experienced exercisers. Open to ages 16- Adults.

Classes are a slow to moderately paced series of postures with modifications offered to meet all skill levels. In each class we focus on building self-awareness, strength, flexibility, balance, and mental well-being. Each class concludes with a short meditation

Name: _____ Phone: _____

Address: _____

Email: _____

Disclaimer: I, _____ will not hold the Woodstock Recreation Commission, including its representatives of the Town of Woodstock, nor the Town of Woodstock, including its representatives, liable for any injury sustained by me or our/my child while participating in the Adult Mixed Level Yoga Program sponsored by the Woodstock Recreation Commission.

SIGNATURE _____ DATE _____

Parent Must Sign for Child Under the Age of 18

Printed Name: _____

Emergency Contact: _____ Emergency Contact Number: _____

Check payable to "WRC". Submit with payment to the Woodstock Recreation Department, 415 Route 169, Woodstock, CT 06281. Can also leave in drop box outside town hall. For more information contact the Recreation Department at 860-928-5935 ext. 333 or email at erinlucas@woodstockct.gov.

No Refunds.

PAID: Amount: _____ Cash: _____ Check: _____ Check Number: _____